



Major: **Exercise Science**
2020-2021 - Status Sheet

Minor: **Athletic Coaching**
Degree: **Bachelor of Science**

120 hours are required to graduate _____
36 hours of upper level are required _____

BBS.EXS-SCI
BBS.EXS-EMGT
Prepared by:
Phone #:
Date:

Exit Exam: PE 462

NAME:

				Has		Needs						Has		Needs						
Gen Ed Requirements				100	300	100	300	Major Requirements				100	300	100	300					
				200	400	200	400					200	400	200	400					
3	ENGL	101	Composition I					Required Core												
3	ENGL	201	Composition II					2	EXS	101	The Exercise Science Major									
3	SPCM	101	215 222					3	EXS	130	Basic Medical Terminology									
3	MATH:	103, 104, 114, 115, 120, 121, 123, 281						4	EXS	250/L	Human Anatomy & Physiology/Lab									
3-5	Natural Science & Lab							3	EXS	280/L	Fitness Assessment/Lab									
3-5	Natural Science & Lab							3	EXS	285	Exercise & Chronic Disease									
SOCIAL SCIENCE: take 2 courses from two different subject areas.								3	EXS	300	Intro to Research									
ARTS & HUMANITIES: take 2 courses from two different subject areas (ART/H are the same subject), or a Foreign Language Sequence								4	EXS	350/L	Exercise Physiology/Lab									
Social Science - 2 courses required								4	EXS	353/L	Kinesiology/Lab									
ABS 203 ANTH 210, 220, 230 CJUS 201								3	EXS	354/L	Care & Prevention of Athletic Injuries/Lab									
ECON 201, 202 GEOG 101, 200, 210, 212, 219								3	EXS	425/L	Exer Program for Special Populations/Lab									
GLST 201 HDFS 141, 210 HIST 151, 152, 256, 257 INED 211 INFO 102 NATV 110								3	EXS	452	Motor Learning & Development									
POLS 100, 102, 141, 165, 210, 250, 253 PSYC 101 REL 237 SOC 100, 150, 151, 240, 250, 285 SPCM 201 SUST 201 UHON 111, 210 WMST 101, 247								4	EXS	454/L	Biomechanics/Lab									
Arts & Humanities - 2 courses required								2	EXS	462	Exercise Leadership									
ARAB 101, 102 ARCH 241 ART 111, 112, 121, 123 ARTH 100, 120, 121, 211, 212, 231, 251 CHIN 101, 102 ENGL 115, 125, 210, 211, 212, 214, 221, 222, 230, 240, 241, 242, 248, 249, 250, 256, 258, 268 FREN 101, 102, 201, 202 GER 101, 102, 201, 202 GFA 101 GREE 101, 102 HIST 111, 112, 121, 122 HUM 100 200 LAKL 101, 102, 201, 202 LATI 101, 102 MCOM 151, 160 MFL 101, 102 MUS 100, 117, 130, 131, 200, 201, 203, 240 PHIL 100, 200, 215, 220, 233, 240, 270, 287 REL 213, 224, 225, 238, 250 RUSS 101, 102 SPAN 101, 102, 201, 202 THEA 100, 131, 200, 201, 231, 270								3	EXS	482	Theory of Strength Training/Conditioning									
Addl. hours in major/minor to meet 50% rule								2	EXS	489	Applied Human Performance									
Addl. hours to meet 60 from 4-yr Inst.								5	EXS	494	Internship									
Addl. hours to total 36 upper level								1	HLTH	251	First Aid & CPR									
Addl. hours to total 120								3	HLTH	422	Nutrition									
Minor in Athletic Coaching - 19 hours								Select one Specialization												
4	EXS	250/L	Human A & P & Lab	see major				Science Specialization = 15 hours												
3	EXS	354/L	Prev/Care of Ath Inj & Lab	see major				(BBS.EXS-SCI)												
3	HLTH	422	Nutrition	see major				BIOL	101/L	Biology Survey I/Lab &										
3	PE	300	Applied Sport/Exercise Sci					BIOL	103/L	Biology Survey II/Lab										
2	take one of the following							8	OR											
	PE	469	Coaching Baseball/Softball					BIOL	151/L	General Biology I/Lab &										
	PE	470	Coaching Basketball					BIOL	153/L	General Biology II/Lab										
	PE	471	Coaching Football					CHEM	106/L	Chemistry Survey/Lab										
	PE	473	Coaching Track/Field					4	OR											
	PE	475	Coaching Volleyball					CHEM	112/L	General Chemistry I/Lab										
4	take two of the following							MATH	281	Introduction to Statistics										
	PE	440	Org. & Admin of HPER/A					3	OR											
	PE	453	Sport Psychology					PSYC	371	Statistics in Psychological Research										
	PE	4xx	Coaching Methods (not previously used above)					Management Specialization = 15 hours												
+	(If Necessary) Additional hours in minor to meet 50% rule							(BBS.EXS-MGT)												
TOTALS:								3	BADM	334	Small Business Management									
								3	BADM	336	Entrepreneurial Studies I									
								3	BADM	370	Marketing									
								3	OE	376	Interpretive Media									
								3	Take one of the following:											
								BADM	360	Organization & Management										
								BADM	369	Organizational Behavior & Theory										
								BADM	438	Entrepreneurial Studies II										
								TOTALS:												
								70												

ID or SSN: